

Serial NO.10/617,411



Amendments to the Specification

on page 7

Please replace paragraph 1, beginning with line 3,  
with the following amended paragraph.

In Fig. 1, a stack 10 of weights 10a is adapted to be raised and lowered by a rope or cable 11. A user may grasp and pull at 12 to exert force on the cable, which may pass over rollers 13. The weights extend transversely. A lateral support 14a supports the weight stack. A connector [[16]] 16' extends upwardly from the center of the support, and is joined at 17 to the rope or cable, whereby the weight stack may be centrally raised and lowered via force exertion on the rope or cable.